



**AT THE
FROSTY 5K**

DECEMBER 10, 2022 • PROSPECT PARK
#RisingNYRR

SCHEDULE

8:00 a.m.	Stage 1	Various distances
8:45 a.m.	Stage 3	1 mile
9:00 a.m.	Stage 2	1 mile



KEY			
Start Stage 1	Course route Stage 1	Bag check	Bus pickup/drop-off
Start Stages 2 and 3	Course route Stages 2 and 3	Medical aid	Volunteer check-in
Finish	Number pickup	Toilets	